

Indoor Pool Schedule

7415 Wood Haven Rd. • (540) 777-6300 • GreenRidgeRecreationCenter.com

X -Indicates that this area of the pool is closed or being used for classes.

MON / WED / FRI

TUE / THU

	LAP	CENTER	RIVER	SPRAY	SLIDE	LAP	CENTER	RIVER	SPRAY	SLIDE
6:30am-7:00am										
7:00am-7:30am										
7:30am-8:00am										
8:00am-8:30am										
8:30am-9:00am										
9:00am-9:30am										
9:30am-10:00am										
10:00am-10:30am										
10:30am-11:00am										
11:00am-11:30am										
11:30am-12:00pm										
12:00pm-12:30pm										
12:30pm-1:00pm										
1:00pm-4:00pm										
4:00pm-4:30pm										
4:30pm-5:00pm										
5:00pm-5:30pm										
5:30pm-6:00pm										
6:00pm-6:30pm										
6:30pm-7:00pm										
7:00pm-7:30pm										
7:30pm-8:00pm										
8:00pm-8:30pm										
8:30pm-9:00pm										

SATURDAY

SUNDAY

	LAP	CENTER	RIVER	SPRAY	SLIDE	LAP	CENTER	RIVER	SPRAY	SLIDE
8:00am-8:30am										
8:30am-9:00am										
9:00am-9:30am										
9:30am-10:00am										
10:00am-10:30am										
10:30am-11:00am										
11:00am-11:30am										
11:30am-12:00pm										
12:00pm-12:30pm										
12:30pm-1:00pm										
1:00pm-4:00pm										
4:00pm-4:30pm										
4:30pm-5:00pm										
5:00pm-5:45pm										

LAST UPDATED: _____
Levels - Beginner (B), Advanced (A), Multi Level (ML)

AQUATIC MEMBER GROUP FITNESS

	CLASS	TIME	PLACE	INSTRUCTOR
M O N				
T U E				
W E D				
T H U				
F R I				
S A T				

• Due to aquatic programs and maintenance, some or all of the pool may be closed at times. Schedule/ Instructors are subject to change without notice.

• Children eight and under must be supervised by a guardian in the pool area at all times

• The spa is open during normal aquatics hours only. Children 4-10 must have adult with them in the spa at all times. Children three and under may not use the spa.